



# Village Voice



Embrace the possibilities

## Cottage Courier

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

January 2019

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# January



# 2019

Happy New Year



The Village of  
**Westland**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## **Spirit of Christmas Week Winners**

### **Color Block Thursday- Wear your favorite christmas colors**

#### Ivy Cottage

1<sup>st</sup>- Susan

2<sup>nd</sup>- Vicki

3<sup>rd</sup>- Vern

#### Rose Cottage

1<sup>st</sup>- Nelda Jackson

2<sup>nd</sup>- Patrica Vollans

3<sup>rd</sup>- Florance Wallace

Staff- Theresa, Melissa Newton



### **Festive Friday- Wear your festive sweaters**

Ivy Cottage- Gil Donohue

Rose Cottage- Anita Smith

Staff- Tammy Lincoln, Melissa Newton

### **Staff Extensions...**

**Michele White ~ 28885  
Executive Director**

**Mary Saffian ~ 0  
Lead Receptionist**

**Lisa Scott ~ 28893  
Housekeeping Lead**

**Shana Brown ~ 28886  
Wellness Manager**

**Melissa Newton ~ 28963  
Wellness Coordinator**

**Shari Thompson  
~28952  
Billing**

**Jason Lovelly ~ 28927  
Human Resources**

**Kara Otto ~ 28810  
Social Worker**

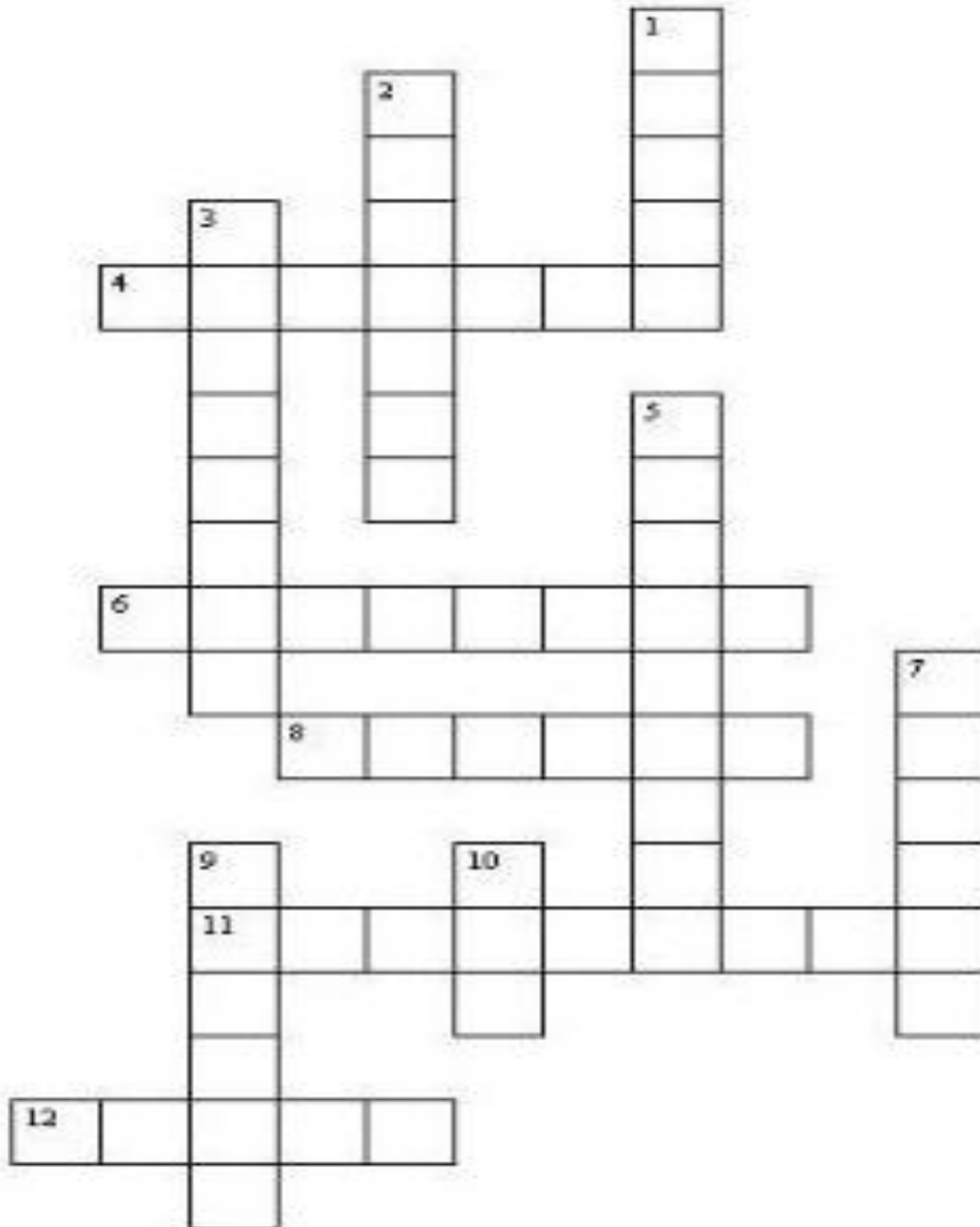
**Jennifer Wolf ~ 28953  
Fitness Specialist**

**Melissa Nestorovski ~  
28928  
Marketing Manager**

**Breana Wallace ~ 28896  
Sales and Leasing  
Specialist**

**Diane Santo ~ 28889  
Beauty Shop**

# New Year's Crossword Puzzle



**ACROSS**

- 4. It is nice to ring in the New Year with
- 6. A lot of people make \_\_\_ for the New Year
- 8. These come from the kitchen on NY Day
- 11. This car can be an expensive way to go to a NYE party
- 12. These go well with a fancy dress for the party

**DOWN**

- 1. People like to \_\_\_ for New Year's Parties
- 2. Some men wear fancy \_\_\_ to NYE parties
- 3. These make a noise and are fun to play
- 5. The New Year is toasted in with this
- 7. The baby, representing New Year wears
- 9. Some wear \_\_\_ on their hands to dances
- 10. Some wear a \_\_\_ hat to New Year's dances



# Giving Matters.

By Paul J. Miller, CFRE,  
President, PVM Foundation

You help your fellow residents **THRIVE**.  
Thank **YOU!**

Going to the mall to return gifts today? Or grocery shopping? Take a look around while you're there. *Who* do you see?

It's probably someone from your Village or another older adult.

Almost 20% of the state's population is 65 or older. Michigan has moved from the 30<sup>th</sup> oldest state in the USA to the 10<sup>th</sup> oldest.



This is what thriving looks like!  
*Whooo hoo!*

## *So what?*

Older *adults* need the services YOU help provide and you're more important than ever.

Being a donor to your Village really helps your fellow residents in their time of need. Help your Village with fun field trip activities or going to the **Village Victory Cup**.

Thank you for caring—and THANK YOU FOR CARING ABOUT YOUR FELLOW RESIDENTS!!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Happy New Year!  
Paul J. Miller, CFRE





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Life Without a Car – Part 3

This is the third article in a series of articles I have been writing about living life without a car when my car was in the shop for some minor repairs. Last month I shared my experience using Lyft for transportation. This month I am going to introduce you to Shipt.

I first learned about Shipt a couple of years ago when visiting my older sister in Florida. Because I have unique dietary needs, the day I arrived she informed me that we needed to go grocery shopping to make sure we had enough of the right kinds of food. That is when she pulled out her phone and essentially said, “what should we get?”

I was a bit confused. Apparently, we were not going to go to the grocery store to shop, we were going to “shop” with her phone using Shipt. Shipt is an on-demand grocery shopping service that you access using an app on a smartphone. You select what you want, place an order, someone on the other end claims it, goes to the store and does the actual shopping for you, and when done brings the groceries to wherever you are, usually at your home.



I watched this process unfold utterly amazed. After we filled our online shopping cart with what we wanted, my sister placed the order and selected a delivery time from the list of available times presented, all of which were just a few hours away from the current time. Within about an hour of the delivery time, she received a notification on her phone that someone had claimed her order that included the name and photo of the person who would be shopping for us.

When that person began shopping, she sent a text directly to my sister letting her know and asked her if she wanted to add anything else. As the shopping progressed, if the store did not have an item my sister would get a text from the shopper with a recommended substitute that my sister could accept or reject. She even received a photo of the bananas the shopper planned to buy so we could make sure they were as ripe as we had requested. It took the shopper about an hour to finish shopping. Before she left the store, she sent one last text letting us know her estimated time of arrival. When she arrived, my sister invited her in. The shopper placed the groceries on the counter then quickly went on her way. I could hardly believe it. We went grocery shopping without leaving my sister's house.

Flash forward a couple years. I am without a car and as luck would have it, I am of course out of food. That is when I remembered my experience at my sister's. Time to fire up Shipt so that I could go grocery shopping without a car. Next month, I will let you know how it went.

**Happy Birthday to our  
Wonderful Residents...**



**Following are the residents who celebrate  
a birthday in January!**

**Ted Zaroff ~ 1/1/1924  
Stella Lalomia ~ 1/15/1922**





# Activities in the Cottages





# Welcome, January -2019-

Welcome to **January**, the first month of the year. The first day of the month is known as New Year's Day, and overall there are 31 days in the month.

In the Northern Hemisphere January is considered the coldest month of the year, in the Southern Hemisphere January is considered the warmest month of the year! January is the second month of winter.

The birth flower for the month of January; the **carnation** and the **snowdrop**. The carnation can come in many different colors, and each carnation color has a different meaning (similar to the rose). A pink carnation symbolizes affection, a red means 'I love you', a white means pure love, and a yellow carnation means disappointment or rejection. In the past, the snowdrop was considered bad luck because it was always found growing in graveyards. Today, the snowdrop symbolizes hope and beauty. ([www.almanac.com](http://www.almanac.com))

The birthstone for the month of January is the Garnet, which is usually a red stone but can also be found in a range of other colors. The garnet symbolizes prosperity, peace and good health. Some believe that wearing a garnet stone has the power to give the person wearing it eternal happiness, health and wealth. The garnet is known as the "Gem of Faith." ([www.americangemsociety.org](http://www.americangemsociety.org))



## Unique Calendar Holidays- January,2019

- National Hobby Month
  - Hot Tea Month
- National Soup Month
- National Oatmeal Month
- National Blood Donor Month

## New Year's Day Fast Facts

- The first known New year celebrations date all the way back to 2000 BC in Mesopotamia
- It is a New Year's tradition for people to make resolutions in order to break bad habits and start good ones
- It is a tradition for Ancient Persians to give New Year's gifts of eggs, which symbolizes productiveness
- In many parts of the United States, it is a known tradition to eat black-eyed peas on New Year's Day for good luck.
- In Times Square, the first time the ball was dropped on New Year's Eve was on December 31, 1907
- In 2008, there was a 'new' New Years even ball that was built. It came in at 12 feet in diameter and weighing almost 12,000 pounds. The original NYE ball weighed 700 pounds and was only 5 feet in diameter. It was also made from iron and wood and then decorated with 100 light bulbs.



 Like and Join the Village on Facebook!  
 We now have a Facebook page titled  Presbyterian Village of Westland!

You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!



**LEAVE A  
Legacy**

*Help support  
the PVM  
Mission during  
your lifetime  
and beyond.*

**CONTACT  
US TO  
LEARN MORE**



**Presbyterian  
Villages**  
OF MICHIGAN  
THE FOUNDATION

For more information,  
call Paul Miller at the  
PVM Foundation  
**248.281.2045**  
[MyLegacy.pvmf.org](http://MyLegacy.pvmf.org)

**WAYS TO MAKE A PLANNED GIFT**

- > Bequest in your will**
- > Charitable Gift Annuity**
- > Life Insurance**

**Presbyterian Villages  
of Michigan  
Mission Statement**

Guided by our  
Christian heritage,  
we serve seniors of  
all faiths and create  
new possibilities for  
quality living.

[www.pvm.org](http://www.pvm.org)

**Office Numbers (734) 728-5222**

**Village Staff**

**Michele White**  
*Executive Director*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Maintenance Supervisor*

**Melissa Nestorovski**  
*Marketing Manager*

**Jan Smith**  
*Nurse Manager*

**Shana Brown**  
*Wellness Manager*

**Kara Otto**  
*Social Worker*

**Shari Thompson**  
*Billing*

**Austin Jackson**  
*Dietary Manager*

**Lisa Scott**  
*Housekeeping*

**EMERGENCY NUMBER**

(734) 728-5222



**Presbyterian  
Villages**  
OF MICHIGAN  
THE FOUNDATION

**Presbyterian Villages of Michigan Foundation** serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan at **248-281-2040** or visit [www.pvm.org](http://www.pvm.org)



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